

# ECONOMY IN The Kitchen

## Give Seafoods a Part in Your Weekly Menus

It was not so long ago that Americans living inland looked forward to a trip to the seacoast because it gave them their only opportunity to enjoy seafoods.

Now, however, the development of the chain store system of merchandising and distribution has brought fresh seafoods to the door of the homemaker living 1,600 miles inland. Firmly fresh fillets and a variety of other seafoods arrive in her kitchen as fresh as though caught but a few hours before.

Today, when everyone is so nutrition conscious, seafoods rate special attention. Fish is valuable for their high content of mineral salts. For the islander the most important of these is iodine, an essential to glandular health. Fish also supply iron and copper for the blood stream.

Here are three recipes from Mackon Ross, head, director of the A & P Kitchen, for fish dishes:

**Fish Loaf**  
1 cup flaked fish  
2 eggs separated  
1/2 cup medium White Sauce  
1/4 tsp. salt  
Combine fish, salt, beaten egg yolks, white sauce and beaten egg whites. Pour into greased baking

dish and bake in moderate oven (350°F) 20 to 30 minutes. Serves 4

**Baked Stuffed Flounder Fillets**  
1 cup diced celery  
1/2 cup onion  
2 fresh tomatoes  
1/2 cup canned sliced corn  
1/2 cup cooking oil  
1/4 lb. mushrooms  
Place vegetables in baking dish and sprinkle with salt, pepper and ketchup. Cut fish into strips about 2 inches wide and 4 inches long. Dip each strip in cracker meal, roll and fasten with toothpicks. Place fish rolls on top of vegetable mixture. Sprinkle with oil or dot with bits of butter. Bake in moderate oven (325°F) for 35 to 40 minutes. Serves 4 or 5.

**Deviled Cod Steaks**  
4 small cod steaks  
1 lb. chili sauce  
1/2 cup ketchup  
2 Tbsp. prepared horseradish  
1 tsp. salt  
Wipe cod steaks with damp cloth; spread generously with seasonings mixed together; arrange on greased ovenproof platter; bake in moderate oven (325°F) about 35 minutes. Garnish with parsley if desired. Serves 4.

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## Dr. Harrison Leaves Sunday for Army

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Copper Co., at the firm's model hospital. Following his discharge from the Navy in 1921, he became resident surgeon for the Santa Fe Railway at the Santa Fe hospital in Los Angeles. Following this tour of duty he spent the next nine years on the staff of the Los Angeles General Hospital, specializing in orthopaedic surgery and was consultant and emergency surgeon for the Los Angeles County Health department for several years.

**IN SAN FRANCISCO**  
Harvel Guttenfelder accompanied by his father, motored to San Francisco to spend the weekend with his uncle, Pete Guttenfelder.

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## Torrance Paint and Wallpaper Co. IS FOR SALE

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Due to the enlistment of my manager, Bud Millhouse, in the U.S. Tank Corps it becomes necessary that I dispose of this going business, at inventory.

The Torrance Paint and Wallpaper Co. has been established for one year and a half and since the very first days of business it has enjoyed a splendid patronage. But because of my interests in my Ingleswood business which require my full attention, it is with regret that I am forced to dispose of the Torrance store.

The stock will inventory approximately \$1,000. However, the new owner could very successfully operate the store with an investment of \$500 in stock, if he so desired. Anyone interested in this fine opportunity should investigate at once. THE STORE MUST BE SOLD BY JULY 9th.

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## Brigadier General Doolittle In a B-25



Sometimes more relaxed than when he led the bombing attack on Japan last April 18, Brigadier General James H. Doolittle is shown seated behind the controls of a North American B-25 bomber, the type used in the raid. Speaking to the assembled employes of the aircraft company recently, General Doolittle said "Chicago-La is right here in this North American plant. This is where our B-25 bombers came from."

## Vincent Thomas Seeks Re-election As Assemblyman

Assemblyman Vincent Thomas this week announced his candidacy on the Democratic ticket only for re-election to the 68th District. The Thomas Campaign Committee states it is proud of Assemblyman Thomas' record in State legislative measures proposed and sponsored by him during the past session, pointing out some of the qualifications of the present Assemblyman: Educational background: Upon graduation from grammar and high school in San Pedro he attended Santa Clara college where he studied law, completing his last two years at Loyola in 1936.

His legislative record shows his obtaining an appropriation of \$15,000 for the construction of an armory in San Pedro, plans of which are now near completion. It was through Assemblyman Thomas' legislative program that the Municipal Court in San Pedro secured a judge for at least a one year period.

**Active in Legislation**  
The governor had signed approximately 15 measures introduced by Thomas during last year's session. He was co-author of Assembly Bill 1327, making appropriation of \$500,000.00 for the development and maintenance of ocean and beaches, which was an offer to cities on a matching proposition. During 1941, Assemblyman Thomas was on the following committees: Commerce and Navigation; Direct Legislation; Manufactures; River Navigation, Reclamation and Flood Control.

He is a member of the Ephemeral Society, member of the Advisory Council of the National United Youth for Defense Movement, and District Attorney's Crime Prevention Committee. His labor record is consistent of a percentage of 82.5. He has been an ardent supporter of the Democratic administration during the past legislative session.

## Legislators to Work For Defense Aides

Assurances that they will work for proposals to guarantee compensation for Civilian Defense auxiliaries who might suffer injuries while on duty during "alerts" were given the city council Tuesday night in letters from State Senator Robert W. Kenney and Assemblyman Vincent Thomas.

**VISITING PARENTS**  
Mrs. James K. Lee of 927 Arlington ave is visiting her parents, Mr. and Mrs. Ernest Burge at Idaho Falls for a month.

**PASADENA GUEST**  
Mrs. Herbert C. Summers of Pasadena and formerly of Torrance was the guest of Mrs. J. H. Scott here Tuesday.

**IN LONG BEACH**  
Mr. and Mrs. W. A. Beecher were Sunday evening dinner guests of the Tim Armstrongs in Long Beach.

**IN SAN DIEGO**  
Mr. and Mrs. Hillman R. Lee and daughters, Marilyn and Janet, were weekend visitors at San Diego and La Jolla.

**IN NEW HOME**  
Mrs. Margaret Fordice is living at the J. H. Fess home, 1729 Arlington ave.

**LUNCHEON GUEST**  
Mrs. Ha Mae Ambach was guest at a luncheon in her honor last Thursday at the H. C. Dutton home in San Gabriel.

## County Casualty Stations Getting Gas Decontamination Equipment

All casualty stations in the unincorporated areas are being provided with gas decontamination units this week as an emergency measure. These facilities will be reserved for persons who in addition to being contaminated with war gases are otherwise injured, according to Dr. W. D. Halverson, county health officer.

## Hawaii-Lomita Phone Hookup Links Peacocks

Mrs. Ardythe Peacock, wife of James Peacock, quartermaster, U.S.N., had looked in vain for two months for letters from the Pacific Fleet. Then late at night recently the long distance operator called her. Hawaii was "on the line."

To her delight it was her husband's voice. He was well, he said, which of course was all the information he could give her, but that was wonderful news, and they enjoyed a brief chat over the many miles of land and water.

## Raid Signal Test Blankets City

If any Torrance resident in the city's 18 square miles of territory failed to hear the air raid signal test last Friday noon he should have consulted an ear specialist immediately, in the opinion of Police Chief John Stroch.

All factory whistles plus sirens at the central fire station, Walteria and Holywood Riviera sub-stations shrilled, moaned, tooted and screamed in a cacophony of sound that blanketed the entire city.

Newly-installed sirens at the aluminum plant under construction at the northern outskirts of Torrance joined the test, having been recently hooked up with the Torrance Civilian Defense Control board signal system.

Chief Stroch said he had not received a single report that the two-minute audition of the alert sirens could not be heard.

### PAY INCOME TAXES

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## Torrance to Give MacArthur Salute With Parade, Program

(Continued from Page 1)

Firemen, Messengers, Red Cross First Aid workers, Moose lodge drill teams, P.T.A. units, a section reserved for the mothers and wives of men in the armed forces, city officials of participating communities, ex-service organizations and auxiliaries and others.

A contingent of State Guardsmen will march but in view of recent alert orders it is doubtful if a full regiment will be represented. The commandant at Fort MacArthur has been invited as a special guest.

**Pledge of Allegiance**  
The patriotic program at the reviewing stand will follow the disbanding of the parade. This is expected to start at about 8:45 p. m., with Raymond J. Casey, as master-of-ceremonies. Both local bands will play the national anthem to start the program and present numbers during its course.

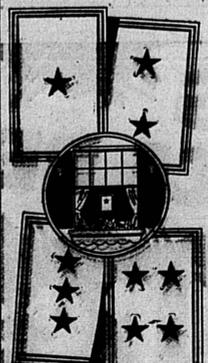
Distinguished guests are to be introduced and the main address, "A Tribute to General MacArthur" will be given by Chaplain David J. Ferguson of Fort MacArthur who served under the hero of Bataan in World War I.

All present will give the pledge of allegiance and the flag will be lowered with full military ceremony.

**Dance at 9 O'clock**  
At 8 o'clock free motion pictures will be screened at Torrance high school assembly hall depicting defense activities of boys and girls at Mooseheart, famed home for children operated by the Loyal Order of Moose.

The benefit dance for the Torrance city ambulance fund, now being completed by the Torrance Kiwanis club, will start at 9 o'clock in the Moose hall with music being furnished by Tom Ulrich's orchestra.

## FREE SERVICE STAR CARDS FOR THE FAMILIES OF SERVICE MEN



This Service Star window card should be seen in every home in America that is represented by a father, husband, son or brother in the Armed Forces of the United States. It emphasizes America's pride in those who are serving our country in time of war.

**BLUE, SILVER OR GOLD**  
The Blue Star indicates service in the Army, Navy or Marine Corps within the boundaries of the United States.

The Silver Star denotes service outside the continental United States, either on the high seas in the United States possessions, or on foreign soil.

The Gold Star is America's tribute to those who make the supreme sacrifice under the Stars and Stripes in time of war.

You are entitled to display the proper star for each member of your family serving in the Armed Forces of the United States of America. For example, if you are the parent of one boy in camp in the U.S.A., you are entitled to one Blue Star. If you have two sons in service—one in the U.S.A. and one outside the U.S.A.—you are entitled to a Service Star card bearing one Blue Star and one Silver Star.

Produced in Red, White and Blue. Actual size 6 inches by 9 1/4 inches.

This space contributed by The Torrance Herald and Lomita News as a patriotic service to those who are giving their loved ones to the cause of victory.

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		Bottle of 24 UPJOHN UNICAPS—Only . . . . .	\$1.59
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